

Metta Sutta

*The Good Will)

Ahaṃ sukhito homi – *May I be happy*
Niddukkho homi – *May I be free from stress & pain*
Avero homi – *May I be free from animosity*
Abyāpajjho homi – *May I be free from oppression*
Anīgho homi – *May I be free from trouble*
Sukhī attānaṃpariharāmi – *May I look after myself with ease*

Sabbe sattā sikhitā hontu – *May all living beings be happy*
Sabbe sattā averā hontu – *May all living beings be free from animosity*
Sabbe sattā abyāpajjhā hontu – *May all living beings be free from oppression*
Sabbe sattā anīghā hontu – *May all living beings be free from trouble*
Sabbe sattā sukhī attānaṃ pariharantu – *May all living beings look after themselves with ease*

(KARUNA – COMPASSION)

Sabbe sattā sabba-dukkhā pamuccantu
May all living beings be freed from all stress & pain.

(MUDITA – EMPATHETIC JOY)

Sabbe sattā laddha-sampattito mā vigacchantu
May all living beings not be deprived of the good fortune they have attained

(UPEKKHĀ – EQUANIMITY)

Sabbe sattā kammaṣakā kamma-dāyādā kamma-yonī
Kamma-bandhū kamma-ṭṭisaraṇā.
All living beings are the owner of their actions, heir to their actions, born of their actions, related through their actions, and live dependent on their actions.

Yaṃ kammaṃ karissanti kalyāṇaṃ vā pāpakaṃ vā
tassa dāyādā bhavissanti
Whatever they do, for good or for evil, to that will they fall heir.

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Sabbe sattā sadā hontu) Averā sukha-jīvino
May all beings live happily, always free from animosity

Kataṃ puñña-phalaṃ mayhaṃ sabbe bhāgi bhavantu te
May all share in the blessings springing from the good I have done

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Hotu sabbaṃ sumaṅgalaṃ – *May there be every good blessing*
Rakkhantu sabba-devatā – *May all the devas protect you*
Sabba-buddhānubhāvena – *Through the power of all the Buddhas,*
Sothī hontu nirantaraṃ – *May you forever be well*
Hotu sabbaṃ sumaṅgalaṃ – *May there be every good blessing*
Rakkhantu sabba-devatā – *May all the devas protect you*
Sabba-dhammānubhāvena – *Through the power of all the Dhamma,*
Sothī hontu nirantaraṃ – *May you forever be well*
Hotu sabbaṃ sumaṅgalaṃ – *May there be every good blessing*
Rakkhantu sabba-devatā – *May all the devas protect you*
Sabba-saṅghānubhāvena – *Through the power of all the Sangha,*
Sothī hontu nirantaraṃ – *May you forever be well*